

2024 Childbirth & Parenting Class Schedule



Prenatal Classes

In these classes, you will learn about prenatal health, choices of pain relief methods in labor, the processes of labor and giving birth, delivery options and interventions, skin-to-skin contact and post-delivery care for mother and baby, including rooming-in. This is an interactive course where questions are welcome regarding your anticipated birthing experience here at Ochsner Westbank.

Cost: Free

Time: 5:30-7:30pm

Location: River Room 1st Floor

(available Zoom option upon request)

<u>MONTH</u>	<u>DAY</u>
March	7
June	13
September	12
November	14

Breastfeeding Classes

This class is designed to teach new moms the basics of breastfeeding, including the benefits of breastfeeding, early feeding, positioning, latching on and milk production. You will learn about breast anatomy, hormones, the importance of exclusive breast milk feeding for six months and the prevention and management of common concerns. Family members are encouraged to attend.

Cost: Free

Time: 6-8 pm

Location: River Room 1st Floor

(available Zoom option upon request)

<u>MONTH</u>	<u>DAY</u>
March	14
June	25
September	19
November	19

Class Topics

Labor & Delivery: Includes promoting healthy pregnancy, when to go to the hospital and vaginal birth processes.

Medical Interventions: Inductions, pain relief options during labor, fetal monitoring, C-sections and more

Postpartum & Baby Safety: Care of new moms immediately after delivery and newborn safety information

Baby Basics Classes

This class will cover newborn care of your baby in the hospital and when you get home. Education provided includes newborn behaviors, keeping your baby safe and recognizing feeding cues. This is a more in-depth understanding of your baby immediately after delivery and in the first few days after birth.

Cost: Free

Time: 5:30-7:30 pm

Location: River Room 1st Floor

(available Zoom option upon request)

<u>MONTH</u>	<u>DAY</u>
March	21
June	27
September	26
November	26

To register for classes & schedule a tour, please email
WBPNC@ochsner.org